

SCHOOL FOR HOUSEWIVES---By Marion Harland



Information for Perplexed Housewives

AVING received much information from your valuable 'Exchange,' I gladly reply to letter from 'Learner.' cotton in her tatting shuttle to that from a spool, hold the knot between thumb and forefinger of left hand—letting the cotton from the spool pass round the fingers and hold with the knot, then use the shuttle just as she does when using only one thread, except making the loops of the thread from the spool, and drawing up on the shuttle thread—she ought to have no difficulty. I trust I have made the directions intel-X. Y. Z."

Others have responded cordially to the appeal of "Learner" for help in mastering the lutricacles of the "double thread" in the dainty craft beloved of our grand-nothers, and revived in our generation. When in Jerusalem some years ago I saw specimens of slik lace, as it was called, made laboriously by native women in the mission schools. It was fashioned, stitch by stitch, with needle and slik, as an edging for the "mendeels"—squares of thin stuff worn on the women's heads. This sort of needle work is, we were told, extremely ancient, possibly thousands of years old. It was, when finished, nothing more nor less than "tatting," although done with a needle. "Learner" may meditate upon this in the enforced "retirement from the activities of life" consequent upon physical infirmity.

Washing Woolens

"Can you give the mode of washing woolens without causing shrinkage? "I have been told that the water should not be wrung out of them, and no soap should be used. FELIX." Wash them quickly in warm—not hot—water with white, bland soap. The shorter the time they are in the water the less likely are they to shrink. Do not rub them in the water. Press between your hands, but do not wring. Then, shake hard to free them from superfluous moisture, and dry in the shade.

Mosquitoes

"Will you be so good as to inform me what I can use to prevent mosquitoes from annoying me? I purpose going to a place this summer where there may be a colony of them. Mrs. M. S. C." be a colony of them. Mrs. M. S. C."
The query is like the far-off murmur of nultitudinous moans which will, ergong, arise from an army of sufferers. In he face of a civilization that knows no uch word as fail, the malaria-breeding mosquito increases and prevails in the and. She was a teasing torment when her sting was accounted a temporary inconvenience. Now that the wisest authorties upon sanitary science agree that she alights in darkness, bearing disease and pestilence upon her wings, she is a haunting terror.

ing soda and ammonia assuage the smart of the sting and partially neutralize the baneful acid injected into the system.

As I had the pleasure of saying last summer, in reply to inquiries on this subject, the most potent preventive it was ever my good fortune to secure was the patent pastile bought in Italy and manufactured in Venice under the name of "Fidibus Insettifughi." The name of the maker, the fac-simile of whose autograph is upon each box, is "Gio Batta Zampironi." At least one druggist in Philadelphia and one in Chicago imported these invaluable pastiles last year. I hope they can be had in this country now. By burning one in a bedchamber fifteen feet high and twenty feet square we purchased, without fall, quiet sleep, night after night, for months together, and this when mosquitoes were abroad in force. Upon one side of the box we read what proves our Italian chemist to be fully alive to the lately revealed deadly mission of the mosquito, "Profumo Islenico; preservatore del miasmi." Which being freely interpreted means "hygienlo perfume; preventive against mlasma."

I shall esteem it a personal favor if any importer of the Zampironi pastiles will communicate with me. communicate with me.

Twelve years' experience of the benefits flowing from obedience to the rules here laid down justifies me in endorsing em-

phatically every word Mrs. Symes has

Huckleberry Pudding "When I read the request for huckle-

berry pudding and your comment there-on I had to smile, as it reminded me of

my husband. He had eaten a pudding as a boy, boarding in the country, which

he described as 'huckleberries, dough and molasses.' Needless to say, when I made it, it wasn't the same, but I tried

one which my family always enjoyed. One quart of huckleberries, two or three

cups of water, sugar to sweeten and apple dumpling dough to cover. Cut in three inch squares. Cook about 25

minutes, watching that it does not burn. I don't know whether you can use those

recipes or not, but here is a bit of information that I know is good, and may

come in handy. It was told me by an iron worker. If you get dirt or speck of iron in the eye, just slip in one drop of molasses. It will sting, but will surely take out the offending particle.

"ADMIRER."

Three Queries

"I. I want a new coffee pot and serving tray. I cannot afford sliver, so what would you suggest?

"2. I would also be very grateful to you if you would tell me if hickory is the proper wood to plank shad on. Can these planks in the department stores be relied upon? I bought one last year and it split the first time I put it in the oven. Is it in your way to tell me where I can get one?

"3. One more question, and I shall be forever grateful to you. How do you make potato balls? and are they served in a separate dish with fish?

"M. A. N."

1. Get "triple-plate" upon white metal.

"Would you kindly inform me how to prepare our fresh water herring for pot-ting, known as 'Potted Herring,' "S. S. L." See Recipe Column.

Cleaning Fabrics

"Will you kindly tell me how I can clean a white lace and ribbon waist? I have had it dry cleaned several times, but it does not get very nice. B. M." I would dissuade you strongly from at-tempting to do anything with it, yourself. Send it to a good professional cleaner.

What will remove a grease stain from a tan-colored crepe-de-chine dress? It is right in the front of the skirt, and looks very bad. CHESTER." very bad. CHESTER."

If the stain be acid, as is likely, household ammonia may remove it, and is less
likely to disturb the color of the gown
than anything else unless it be alcohol
and warm water in equal parts.

Breathing Exercises

"Would you kindly have reprinted in

"Would you kindly have reprinted in your column the article on 'Instructions' for directions) for Breathing?

"I have been ill a good deal, and was unable to go to the office. as I wished, for a few copies to distribute to others, nor have I any one to send, being alone.

"If you will kindly have the article reprinted it may help others as well as myself.

B. H. P.

I find in my scrapbook, under the caption "Deep Breathing," not what I had to say on the vitally important theme, but fuller and more comprehensive directions from the pen of my esteemed coadjutor, Mrs. Henry Symes. I take the liberty of substituting them for my own formula. She prefaces them by saying:

"Do not expect results in a day, but give them a three months' trial. I am sure they will benefit you."

Then follow—
"INSTRUCTIONS FOR BREATHING.
"On arising and the last thing before going to bed, when you have on your night dress, stand with the mouth closed, until the lungs can hold no more. Expel it through the nostrils, with the mouth closed, until the lungs can hold no more. Expel it through the nose, counting seven. Practice this breathing movement ten times.

"Next stand upright, turn out the toes"

To deed "triple-plate" upon a separate dish with fish?

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The designs are more graceful to you. An if designs are more graceful to only a many in the sill designs are more graceful to only a many in the sill designs are more graceful to others, and it does not cost one-tent has much. Only an expert can deter the difference.

There are pretty coffee pots in Wedge-wood and other wares, but you will in a separate dish with fish.

2. they will benefit you."

Then follow—
"INSTRUCTIONS FOR BREATHING.
"On arising and the last thing before going to bed, when you have on your night dress, stand with your back against a door and fill your lungs, breathing through the nostrils, with the mouth closed, until the lungs can hold no more. Retain the breath while you count four. Expel it through the nose, counting seven. Practice this breathing movement ten times.
"Next stand upright, turn out the toes so that the heels touch. Place your hands on your hips, the fingers on the diaphragm, the thumbs back in the soft part of the

the thumbs back in the soft part of the back, either side of the spinal column. Now draw in a deep breath, force the air down, so that you feel the thumbs pressed out through the expansion lower back part of the lungs; hold the breath while counting four, expel while counting seven. Practice this movement six times.

"Third movement: Stand straight, head up, shoulders thrown back, arms hanging by the side. Now gradually raise the arms until they are high above the head. While you are performing this movement take in a deep breath through the nostrils until the lungs can hold no more. Retain the breath while counting four. Now gradually lower the arms, at the same time slowly expelling the breath, counting even. Repeat six times.

"These exercises practiced night and morning will develop the bust and shoulders; they will cure round shoulders will rouse a torpid liver into action, wonderfully benefit a dull, muddy complexion and improve the general heaith.

"The windows of the room in which you practice should be open."

THE AMERICAN GIRL AT THE CORONATION OF EDWARD VII



TAKING HER PLACE FOR THE CEREMONY

(Drawn by Malcolm Strauss)

RECIPES BY MARION HARLAND

POTTED HERRINGS

CLEAN the fish and cut off the heads and tails. To a dozen herrings allow two tablespoonfuls of salt, one of allspice and one of saltpetre, one teaspoonful, each, of mace and of paprika.

Powder saltpetre, salt and spices finely and mix well. Rub into the fish, inside and out, and pack them down in it, in a covered dish or crock. Leave thus for twelve hours. Wipe perfectly dry and lay in a buttered bake pan. Dispose among them three bay leaves and half a dozen whole cloves. Cut up two tablespoonfuls of butter and scatter over them, cover closely and bake slowly for one hour. Let them cool in the pan without uncovering. Drain off the liquor, when they are quite cold;

pack in jars and cover with melted (not hot) butter. They will be fit to eat in two days. Keep in a cool, dry place.

BROWN PUDDING

SOAK six Boston crackers in a pint of hot milk until soft enough to beat to a pulp. Add to this milk-and-cracker mixture two beaten eggs, a quarter of a cup of grated chocolate dissolved in three-quarters of a cup of boiling water, teaspoonful of vanilla, and a quarter of a cup of sugar. Turn into a greased pudding dish and bake for half an hour. Eat with sugar and cream.

STRAWBERRY SNOW

SOAK a half box of gelatine in a gill of cold water. Press enough ripe strawberries through a vegetable press to make a pint of juice. At the end of an hour stir into the soaked gelatine a cupful of granulated sugar and a gill of boiling water. Put into a double boiler over the fire and stir until dissolved. Add the strawberry juice, strain and set in a cool place while you whip a half pint of cream stiff. When the jelly has begun to form, beat into it the whipped cream and turn into a mould. Set in the ice to form.

OOK together a tablespoonful of flour and one of butter, and pour upon them a cup of milk. Stir until smooth. Have ready the yolks of two eggs beaten stiff, and pour the thickened milk upon these. Now add a cup of boiled rice, mix well, season with salt and set aside to cool and stiffen. When stiff form into pearl-shaped cones, wash these with white of egg and stand side by side in a baking pan. Set the pan on the upper grating of the oven until the cones are browned. Send around with roast chicken or veal.

At What Age is Woman Most Attractive?

that more women are married between the far more attractive between the ages of these characteristics, and, besides being have the hosiery displays of the stores ages of 18 and 25 than at any other period 30 and 35 than those who are ten pretty, have a truly lovable and symbol the stores ages of the stores ages of the stores ages of the stores ages of the stores are the stores ages of the stores are the stores ages of the store of their lives, it would certainly appear years younger. The latter, perhaps, pathetic nature, which makes them douthat it is at such a time that the feappear more charming and fascinating to biy attractive in the eyes of a man. But, this rive of pattern confined to the womale sex reach the zenith of their charms. the average young man, on account of as a rule, it will be found that a young men's hose only. Those shown in the

Such an assumption, however, is by no their personal beauty, vivacity, youth, woman who possesses good looks is some haberdashery shops are quite as extrava-

GAY HOSIERY THE RAGE

Never since the days when our grandnothers were hosiery decorated with lusters of grapes or of cherries woven in been so brilliant in coloring and so strik-ing in design as at the present. Nor is

Stains and Freckles

"I. Will you please tell me what will take brown stains out of a white vest?"

"I. Will you please tell me what will take brown stains out of a white vest?"

"I. Cyanide of potassium, oxalic acid, or cholinated soda. After wetting the place with the acid, lay in the acid, and in the character has the age as him—the acid, lay in the acid, and in the character has the age as a min—the acid, and thirty-five woman. Her character has the age and in the correct that the mind of the attractive and thirty-five woman, she make the most of agent mostly upon her good looks in order to win favor with the opposite sex, and the stream and the lead, and is shown in every conceiv—that the acid and the reckles and first sight, it is really far greater than the order. A conserved that the age of 22 or 23 lightly turns to the acid and the character and the lead, and there to be found in a woman of 35 which are to be found in a woman of 35 which are to be found the circ that the acid and there are an acid the care and the care are assily in the character than hours, wash with clean water, and should a faint stain remain, renew the application.

At the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the age of 22 or 22 the majority of the majo

Bringing up Children in the Right Way

my little daughter must have come in contact with some other child goes to a private kindergarten, very clusive'-nevertheless, I find her head in a shocking condition. What I thought a shocking condition. What I thought was dandruff, which is all over her head, is a mat of vermin-larvae. She has very long, thick hair. I have combed and done what I know how. I am so mortified that I have kept her at home. Is there anything I can put on her hair, or will it all have to be cut off? I am alwest side over it. I hope you will not most sick over it. I hope you wil feel angry with me for asking you to

"My little girl, in going to school, got 'hugs' in her hair, and I have got rid of them, but there are lots of 'nits' in her hair. I have washed her head repeatedly with tar soap, etc., but still the nits are there, and I have a horror of them! My child has long curls and fine hair I do not care to sacrifice. A. L. B.

These letters are specimens of a mass of complaints of which I am in daily re-ceipt. It is impossible to prevent an evil the very mention of which horrifies the fastidious whose children do not go to public schools? If I run the risk of offending nice tastes by putting down in black and white the risks cleanly, healthy, well-mannered children run in securing the education the law gives them, it is because the infliction is so common and so revolting. Here is room for a woman's organization that shall in sist upon the allotment to each school of an inspector, whose duty shall be to see that heads are looked after as strictly as vaccination is enforced.

To the mothers I recommend for the present distress the weekly use of bichloride of murcury soap. Shampoo the hair thoroughly, rubbing the lather into the roots, letting it alone for an hour, then washing it out with pure water. Brush and wipe the hair dry and wet well with tincture of larkspur. Apply this tincture night and morning, taking pains to work t down to the roots and throughout the length of the hair. Larkspur is a deadly poison if taken internally, but harmless as a wash.

Work of School Girls

"A few days ago I noticed in your columns a letter from a girl who said she cooks two meals on school days and three meals on other days. As she goes to school, I do not see where she gets the time to do this.

"I am in the eighth grade. When I get home from school I practice an hour, or an hour and a half, then I study until supper. After supper I study till I go to bed. When I get up in the morning I just have time to make my bed, ear my breakfast, practice a few minutes and go to school. It seems rather strange to me that she, going to school, can find so much time to do housework.

"SCHOOLGIRL" While I do not suppose that other girl meant that she cooks two entire family meals on any day in the week, it is no doubt true that her mother claims her assistance in the kitchen at stated seasons.

WHY DO WE EAT SALT?

A witty and somewhat irreverent person, in writing on the Cheshire industry, said: "Man cannot live by bread alone, he must have sait."

Although many treatises on dietetes deal with sait as if it were merely a condiment, it is universally recognized to be somewhat is universally recognized to be somewhat it is universally recognized as a substance of great value. Sait starvation is, in its way, as distressing as thirst or hunger, although it shows itself in a different way.

"The want of sait," says the Medical Press, from which we quote, "does not produce a definite disease, but reduces the persons deprived of it fall more readily living the produce and the same in the article and the same in t

Careless Children

A man who loves children asks for a hearing upon a subject the importance of which is borne in upon dwellers in cities and suburban towns by everyday happen-

"Will you please, as a kind friend (though I have never seen you), do me a favor-which may favor humanity as well—and that is to insert in your Parents' Corner' a warning to little girls of the danger of crossing railroad tracks, and advice to parents to instruct the little ones who are too young to realize the terrible danger? I have read of a great many accidents in the last few years which have mostly resulted in death, and they seem generally to be small girls. If a little advice was given as to not being careless, I think a good many disasters could be averted. It is heartrending to hear of the mishaps which befall the heedless little creatures from street cars, express wagons and—perhaps worst of all—automobiles. G. F. C."

I laughed when a witty woman said: